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CALLIRHOE,

COMMONLY CALLED

The Well of SPA,

OR THE NYMPH OF

ABERDENE

RESUSCITAT BY

WILLIAM BARCLAY

M^r of Art, and Doctor of Physick,

What Diseases may be cured by drinking of the Well of Spa at *Aberdene*, and what is the true use thereof.

As it was Printed by ANDRO HART *Anno Dom.* 1615.

AND NOW

Reprinted at *Aberdene* by *John Forbes Younger*. PRINTER to the TOWN and UNIVERSITIE, *Anno Domini* M. DC. LXX.

BON ACCORD
Insignia Urbis Abredonie

[This is not in Andro Harts Edit. 1615.]

To the very Honorable,

Mr. ROBERT PATRIE of *Portlethin* Lord-Provest,

ALEXANDER ALEXANDER,
GILBERT MOLLESON,
IOHN DUNCAN,
WALTER ROBERTSON,
} Bailies

GILBERT BLACK, Dean of Gild,
ALEXANDER BVRNET Treasurer.

And to the remnant of the honorable Councill of the CITY of *ABERDENE*.

VERY HONORABLE,

There are many advantages, with which divine Providence hath blessed our City *above ma-*

ny in the Kingdom, which are so many obligations laid upon us, as they are talents put in our hands, whereof we can never discharge our selves, but by a thankfull and diligent improvement, for the honour of the giver, and the good both of our selves and others. I need not fall upon particulars, which are obvious to most amongst us; and what is more remote from the vulgar reach, is to be the subject matter of more polished understandings, especially of these in authority, to work upon; whereby they may the more benefit the City, and make it happy with an addition of new accomodations of profit, pleasure, or both. Whilst I was taking a view of some ancient passages, relating to our Town, I was brought to remembrance in what esteeme that health-giving Spring (through divine bountie) commonly called our Well of Spa had wonte to be, and how in my time I had seen it adorned (be reason of its excellent qualities sealed by many notable experiences upon sickly persons,) with a long wyde stone which conveyed the waters from the Spring, with the purtraicture of six Apostles hewen upon either side thereof: which being verie old and worne, a vertuous Citizen George Jamilon, did build it of new, and put a Tomb of hewen stone over it, because of the many proofs he had of it in his own person in cureing him of the stone: which by a violent torrent of waters falling into that streame running by it, did suddenly overturne it, and buried the Spring in the ruins, so much of the hill having

having fallen therewith. It is worth the observing, that this was the year our late troubles did first begine and seemed to be an Ill-Omen both to our City and Countrey. But this Spring being digged for at the solliciteous desire of some diseased Citizens, who did find renewed experiences of its powerfull vertues in the cure of tormenting Gravells, Deadly Colicks, and desperat Hydropsies &c. I judged that we should be worse then these two Leapers at the siedge of Samaria. 2. Kings 7. 9. If we should hyde this mercy from others; And therefore did resolve (with your permission) to cause rebuild it, in a surer way probably and at more distance from the Streame then heretofore. And no sooner had I falne upon this resolution, but this book set forth by that learned and famous Physitian Doctor William Barclay, was brought to my hands, which did write thereupon and was printed in the year, 1615. which here ye have deservedly caused Re-print, that his memorie might live in honour amongst us who while he lived had so high esteeme of our Citizens and City, (as may from this booke, and his Apobaterium or his last farewell to ABERDENE be clearly evident) no less, then for the information of strangers, according to that civil hospitality which ye and your worthie Ancestors have been much commended for. I need not here speake to the commendation of the water, Physicians have done this in the ensuing discourse. Only I hope the experience that diseased

persons

persons may have of them shal sufficiently give them ground to bless GOD who is the bountiful bestower of all good things. It shall be my desire to the LORD, that as the ruine of this precious Well was a forerunner of much ruine and trouble to both City and Kingdom, its restauration may prove a happy presage of our futur prosperity and peace.

In order to which I shal wish a blessed success to all your publict proposals lately made which may tend to the repairing of our ruines and freedom from our heavie burdens of debts and taxes. Wherefore very Honourable, go on, faint not, but by patient and diligent endeavours: remove the mistakes of withstanders, informe the ignorant encourage the discreet, convince the selfish-spirited, and by your prudence dispel our divisions when any appears, and let all concurre in their stationes to have ABERDENE upon all good accompts, deservedly honoured with the tittle and motto of BON-ACCORD: Which shall ever be the earnest desire of

RIGHT HONOURABLE

Your most effectionat servant

and well Wisher,

PHILOPOLIS.

TO

To the Right Worshipfull Sir ROBERT KEITH

of Benholme Knight.

WILLIAM BARCLAY Doctor of Physick, wisheth health.

RIGHT Worshipful, Demades, *an Orator of Athens was wont to say to the people, that they never treated of peace but in their mourning garments, when the enemie had killed their principal kinsemen. So the people of this Realme enter never in consideration of their health, but when they are overthrowen with diseases. I would have your Worship to shunne this blame being so civill so circumspect, so careful in all your other adoes: It were a blotte to the worth of your many vertues, to neglect the remembrance of your health, even in the perfect possession of your health, that you may prevent the battell of diseases, when you*

you are in the peaceable prosperity of welfare. To which effects I offer heartily to your Worship myself, and this Nymph: myself to assist your judicious, understanding with such precepts of Physick, as I have learned from the most expert practioners of Europe: *This Nymph to irrigate yearly the plants of good disposition, which I see flourish in your naturall constitution. I hope you will accept of us both: of me, for the love of letters, which I know you love: and of the Nymph for the love of her native soyle, that is, the territorie of* ABERDENE, *which honoureth you so highly, and which you love and adorne by so many heroical acts, and principally by your own presense. In this hope I continue*

Your Worships

most humble and most

affectionat servitour

and Physician,

Barclay Doctor.

CAL-

CALEIRHOE.

Commonly called

The Well of SPA,

Or the Nymph of *Aberdene*

resuſcitat by *William Barclay*, M. of Art, and Doctor of Phyſicke.

HYPPOCRATES in his Book *De Aëre, Locis, & Aquis*, layeth, that a Phyſician ſhould at his ariving to any land where he mindeth to exerciſe his Art, conſider diligently the nature and ſituation of the ſoyle, the moſt familiar and accuſtomed winds, the varietie and weight of waters. Which leſſon moved me at my returning to *Scotland*, from thirty years perigrination, to enter in examination of theſe three points, proponed by the moſt admirable *Hippocrates*: neither did I extend the eyes of my contemplation towards the borders of this ſemi-iland, but I bordered the object of my inquiſition, with the Water of *Tay* in the one ſide, and with the dangerous goulfe of *Pightland* Firth in the other ſide. Firſt then, I divided ſo much of the land as I

chooſed to conſider, in High-land and Low-land: and I found the High-land to nouriſh ſtronge, rude, cruel, long living, laborious, and leacherous men: and that by reaſon of their food: milke, cheeſe, butter, fleſhes, oate-bread, much exerciſe. (I will remit the matter of *Aqua vitæ* to another place.) And as I muſed on theſe High-land-men, I remembred that in our hiſtorie of *SCOTLAND* it is reported, that no diſeaſes were known to this holy Iland in time of our Fathers, but the Gravel, the Cold, which Phyſicians call *Catarrhus*. For proofe of which was there never a man in *Strethſpey* vexed with the Tertian ague, while the year 1613. years: when that diſeaſe began in *Murray* and ſundry other parts of this Realme *Epidemical* or contagious. But leaving theſe High-land diſeaſes to their impoſtors, and barbarous leeches, I returne to our low and civil parts: where the inhabitants being more delicatly trained up, as ſubject to greater diſeaſes, the ſituation of the ſoyle being toward the North, and lying open to the Eaſt: the ground which they labour, muſt be cold and moyſt: The diſeaſes of their Bodies, Catarrhes, Gravels, Diarrhæes, Guts, Colickes, Apoplexies, Paralyſies, and ſuch like; And becauſe the winds are boyſterous and cold, the maladies of their minds, are much worſe then the diſeaſes of their

Bodies,

Bodies, Pride, Anger, Hatred, Envie, Cruelty, Inhumanitie, Inconſtancie: neither will I proceed farder in this matter, reſerving without flatterie the true commendation of *Aberdene*, whoſe inhabitants beyond the nature of their ſoyle, and in ſpight of ÆOLVS and all his winds, do ſo civilize their Burgh, with the continual practiſe of Vertue and Learning, and ſo repleniſh their hearts with courteous behaviour, that if their ſoyle were not more barren & barbarous then their ſouls, even a French man himſelf might judge *Aberdene* to be the *Lutetiola*, or litle *Paris* of this Septentrional corner of North *Britanne*. The third thing which a Phyſician ſhould conſider, is the water, which within the limits that I have choſen for to examine, is not ſo farre from the beſt waters of the world, as it is from the worſe: And in moſt parts of this North, it is wholſome and good, and needeth not to be aſhamed to abide the tryal of HIPPOCRATES rule. But leaving to treat more largely of this common uſual water, I will lavell in my diſcourſe, at the medicinal water, which not only orneth the Towne of *Aberdene*, but bleſſeth the territorie about it with a treaſure of health, more worth then the wealth of CRÆSUS. I will not report the antiquitie of ſuch Phyſicke, neither ſhall I reckon the number of ſuch famous fountaines as have had

vertue to cure innumerable diſeaſes: but I will in few tearmes deſcribe the nature and vertues of the Well which ſpringeth at *Aberdene*. And before I enter to dye my lippes in that ſacred liquour, I will make a ſute to that more ſavoury water then the Poetical *Caſtali ane* fountain: that as I wiſh all people to haunt and honour thy ſtreams, ſo *Da ſecura, tui ſit mihi ſana ſitis.* And I being preſerved by thy vertue from ſuch diſeaſes, as I am perſwaded thou canſt cure,

Tu fueris Muſis Pegaſus unda meis.

Thus having premitted my proteſtation to that *Abredonian* Nymph, I will beginne to reveale the ſecrets of her birth, and digge under that hill, that I may diſcover the original of her ſpring. I will ſet down (that my diſcourſe may carry a method) the true nature of that water, how to know if that water have ſuch ſpecificke and magnetical vertues as I alledge: and what are the effects of that water: and laſtly, in what manner that water ſhould be uſed and drunken. I lay then as a grounde that of all liquours, there is none more apt then water, to receive the qualities and vertues of any ſimple: for which cauſe the Phyſicians moſt ordinarily make their infuſions and decoctions in water: the reaſon of this is, becauſe water of it ſelf is voide of taſte, and ſo much the more fit to

receive

receive both the taste, and all other second qualities from all simples: yea, not only second qualities, which are manifest and known by the senses, but also hidden and occult qualities, of which, some do alter the taste: as the infusion of *Rhenbarbe*: some do not alter the taste, as the infusion of *Antimonium*, or the decoction of gold. Notwithstanding that water be a fit subject to receive the impression of diverse tastes, yet doth it not receive so commodiously the diversitie of odours: and in that respect the perfumers do not infuse their sweet odoriferous drogges in water, but in oyle, which we call *Oleum Balaninum*, which oyle is as voide it self of all odours, as water is of sapours: this is the reason also why the daintie, delicate and sawce victuallers or cookes in their restoring and Venerian pasties put the roote called *Petatos*, which of it self is tasteless and unsavourie to receive the temper and pickle of all the other spices and nourishing aliments. Having then settled as a principle in Physicke that water is a commodious matter to receive the accidental formes of all simples, I conclude that this water of the Well of *Aberdene* hath received qualities and vertues from such minerals as it floweth thorow: which are Iron and Vitriol: for the effects do argue the mixtion of these two. In so much that I dare affirme this *Abredonian*

Nymph to be ſiſter Germane to the Well of *Forges* in *Normandie*, and may well worke as many worthy cures as it, if it were as wiſely uſed, and as frequently. There is no dogmaticke Phyſician in *Europe*, which doth not allow the uſe of Iron and Vitriol in the cures of many diſeaſes: ſo that Nature her ſelf in this water having intermingled ſo prudently the qualities of theſe two ſimples, it ſtandeth with reaſon that this water being embrued with the moſt ſpiritual and ſubtle eſſence of both, ſhal worke powerfully the medicinal effects of both: which effects particularly and at large hereafter I ſhal declare. Now I will proceed, and ſhew that the conceat of Nature is admirable, in joyning the Iron and Vitriol to bring forth one effect: ſeeing there is ſuch matrimony and copulation betweeen the Iron and Vitriol, that there is no part of the World, where Vitriol grow but Iron is adherent. This ſecret was fully underſtood by the ancient Poetical Philoſophers, that coupled *Mars* in Matrimony with *Venus*. for *Mars* ſignifieth Iron, *Venus* Vitriol or Coppreſs or Copper. The youngeſt of a thouſand Alchymiſts can extract *Cuprum ex Calcantho, & ex Cupro Ferrum*; ſo that to returne to our purpoſe, this water hath all the ſpiritual vertue of Vitriol, and all the medicinal qualities of iron, and all the inſenſible energie that proceedeth of

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the mixtion of both. This is the reaſon why this water hath no ſuch force when it is carried, as it hath at the ſpring it ſelf: becauſe the vertue of it conſiſteth in a ſpiritual and occulte qualitie, which eventeth and vaniſheth by the carriage. I have ſeen in *Paris*, water brought from the Well of *Spae*, that is two hundred Scottiſh miles, but of none effect, no efficacie: only to ſatisfie the languiſhing curioſitie of ſome prodigal patients. Thus much concerning the firſt parte of my Diſcourſe. Now I proceed to ſhew by what Arte we ſhal know that this water hath theſe qualities. For trial of which you ſhall take a little of a nutgal, bruiſe it in pieces, and throw it in a drinking glaſs full of this water, and if it be the true water, it will become red, like clared wine: notwithſtanding that a nutgal maketh all other liquour black, were it never ſo redde of it ſelf; neither is there any moyſture in the world, except it be endued with this Vitriolical vertue, that can draw a ſcarlet colour out of a nutgal. Beſide this eſſay there is another which conſiſteth in diſtilling of this water: for in the bottome of the Alembicke, there will remaine a matter unſavourie, ſometime red, and ſometime blacke. The third eſſay, is the quick effect and ſpeedy paſſing of this water, through ſuch a long and crooked Labyrinth of wayes, which are be-

tween the ſtomach and the bladder, and that without any weight or tenſion in the Hypochendres, without any ſwelling or puffing up of the body, which followeth the exceſs of any other drinke in the world, yea were it wine.

The reſt of my diſcourſe ſhal ſpecifie the effects of this water; and how we ought to uſe our ſelves when we drinke of it: becauſe it were a temerare and dangerous thing to any man to uſe this water in aboundance, not having his body prepared and diſpoſed for the ſame: for having the body full of obſtructions the ſtomacke full of crudities; the meſentere full of thicke ſlimie humours, the paſſages of the liver ditted with indigeſt chyle, it were a raſh and careleſs boldneſs to hazard our health, ſeeing this water ruaneth through the channel of our veines, with ſuch impetuoſitie that it carryeth with it, whatſoever cruditie it encountreth in the way.

——*Non alius per pinguia culta.*
In mare purpureum violentior influit amnis.

No water natural or artificial can paſs more ſwiftly through mans body to the bladder, where the ſea of all our humidities are collected, then doth this vitriolical liquor. But hereafter ſhal be declared by what means the patient ſhal diſpoſe and prepare his body, that is, to crave aide and relief at the hands of this courteous and criſtaline ABREDONIAN Nymph.

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For better understanding of the following discourse, I will premit two things. First, that there is no disease that chanceth into mans body, that can receive any great detriment from the right use of this water, except it be the diseases of the lights: because this water moyeth the cough, and increaseth the dolor to the pulmonickes.

Secondly, this water is a present and sure remedy against all obstructions, which are the mothers and authours of most part of our diseases. Now I call obstruction a ditting or stopping of any passage of the body, which obstruction cometh most ordinarly in the smal veines of the mesentere and liver, in the passages of the gall, in the ureters or passages of the bladder, in the veines which open towards the matrix or mother, through which ditted and obstructed wayes this water peirceth, without any harme or detriment by a detersive and penetrant vertue, and taketh away the slimie, thick, glewie, teugh matter, which sticketh to the banckes of the channels, while this water as another *Nilus* washeth away those corrupted excrementis from this hidden interior *Ægypt* of our bowels. This water worketh not with every one after one sort: for if the matter be in the neires, the ureters or bladder, it expelleth the humours by urines: if the cause of the

diſeaſe be in the melt, in the meſentere or the liver, this water worketh by the paſſage of the ſtoole: if the matter be in the matrix, the water worketh by the ordinarie purgation of that part. And yet albeit this water be ſuch a juſticiar, as executeth her ſentence againſt the diſeaſes of every part, by baniſhing the materiall cauſes, through their own paſſages, yet ſhe diſburdeneth the greateſt parte of all the morbificke cauſes by the urines. I have ſeen fundry men & women cured of great & tedious diſeaſes by vomiting after the drinking of this water.

This Nymph beyond the cuſtome of all her ſexe, refreſheth and augmenteth the wearie and dull ſpirits of any patient, ſhe corroborateth and confirmeth a weake ſtomacke, ſhe quickneth a languiſhing appetite, ſhe helpeth digeſtion, ſhe peareeth through all obſtructions, and cureth diſeaſes that follow thereupon, as the yallow, the pale colours, a skirre or hardneſs of the liver or melt: ſhe giveth health principally to the generall partes of the one and the other ſex, ſhe is the *Panacea* for the ſtone in the reins or bladder, and taketh away the hereditare diſpoſition to that diſeaſe, by altering the natural temperament of theſe partes, and cutting away the antecedant cauſe: it cureth alſo the ulcers of the reins and bladder, and healeth the carnoſitie which is engendred *in meatu urinario*. And there is no better

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ter remedie for the filthy & stinking *Gonorrhea*, which vulgarly is called the chaud-pis, which is the ordinarie and sure reward of abusers of *Venus*: if the abundance of slipperie and teugh phlegme impede a woman to conceave, or being conceaved, cause her to prevent the right time of her birth, the discreet use of this water will assure her of better success. I have cured sundrie of that sex in *France*, of a long, noysome and fearful sickness, to which many of them are subject, (I knowe they understand what I meane,) by drinking of such water, and that both virgins, widows, and married women.

This water hath a special vertue to helpe those which have a natural propension to the leprie or *Elephantiasis*, because it temperth the roasting heat of the liver, which burneth the blood. It doth much good to all carcrous and maligne ulcers. In this place I will examine and try three doubts which may arise of the former discourse.

First, whether or not can this water helpe those any thing, which are oppresst with a confirmed and consolidate stone in the bladder: for answer to which question, I say, that if a stone be of a middle bigness, and consolidated as hard as such stones are wont to be, that neither this water, nor any other remidie invented by the ingine of man can be able to dissolve it, neither

can the bladder reſiſt the violence and force of ſuch a medicament that can demoliſh ſo hard a ſtone, although it were conveyed to the bladder through the wand, which is the neareſt way. Neither could the ſtomacke digeſt or abide the ſtrength of any ſuch liquor or pouder being taken at the mouth, in which reſpect the Highland impoſtor which is lately come to *Innerneſs*, doth bewray his own folly and madneſs, to vaunt of himſelf, and make a falſe rumor go abroad, that he can diſolve any ſtone in the bladder, were it never ſo great, never ſo hard, which if he could do, he were worthie to be ſtripped with many ſtripes, becauſe he looſeth ſo much time in *Innerneſs*, and goeth not to ſome more politicke part, where he might conquere Kingdoms, by that ſo rare and ſo profitable an Art. I ſaw at *London* in the late Queen ELIZABETHS dayes an impoſtour hanged, becauſe he avouched that he was the Son of GOD, and had ſent his ſuppoſed prophets through the countrey, to vaunt of his coming. This Irlandiſh impoſtor doth imitate that Pſeudochriſt, and ſendeth through the countrey, his prophets to abuſe the people with a falſe rumor. I proteſt before GOD, I envy not his eſtate, but I would wiſh that he could do the thing that he ſayeth; but I cannot abide ſuch abuſe of that Art, wherein I have ſpent many years under the diſcipline of the

moſt

most learned Physicians of *France*. Yet albeit this water cannot dissolve such a stone, it doth much good to those that are vexed therewith: for it fortifieth the bladder, and washeth away the slime which is about the stone, the which slime maketh the stone greater then it is indeed, and riveth the wound too much at the cutting.

The second question is, whether this water hath any vertue to cure the Hydropsie or not. To which I answer, First, that of all remedies this is the surest to prevent the dropsie, and to correct the disposition from whence the Dropsie proceedeth: which ordinarly is weakness of the liver, through exorbitant heat: I know that hydropsie floweth at times from a cold liver also, but the most frequent cause is hote. Doctor MARTINE at *Paris*, one of the most learned men of *Europe*, not in Physicke only, but in languages and all other sort of literature, finding himself inclined to hydropsie, postponing all other sort of medicament he took resolution to pass to the Well of *Forges*, not farre from *Rouan* in *Normandie*, which Well is sister German to our Nymph, with hope to returne from thence in health, or then never to see *Paris* againe, and in this resolution he took leave from threescore of Physicians his collegues, and went to *Forges* where he recovered his health, and lived many years thereafter. I answer secondly

if that a man being perfectly hydroped, his hydropsie being caused of an obstruction and hote intemperie of the liver or melt: this water will cure him, or nothing else will cure him, because it correcteth the intemperie, it openeth the obstructions, and it voideth water out of the bellie.

The third question is whether this water hath any force to help those that are subject to the *Arthritis* or general or particular gout. For by this discourse it appeareth that this water openeth the passages, and giveth place to the serous and wattrie humours to go to the joynts & lights where the gout is formed: for it is called the gout because the wattrie humors *gutatim cadunt in artus*. I answer that this water openeth the passages of the mesentere, the liver, the melt, the reines, but I thinke that it taketh no leasure in the body, to go to the joynts, because it passeth so suddenly through the first and second region of the bodie, that it stayeth not to go to the third regiō and albeit it did go, it fortifieth the wayes: for it hath not only an opening force, but a roborating vertue also, and besides that, draweth water out of the joints, rather then filleth them with water, and because a hote intemperie of the liver, is the original cause of *Arthritis*, this water curing that intemperie, it must of force cut away the spring of that disease.

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At last now I thinke expedient to declare how the patients should behave themselves towards this Nymph to the effect they have no just occasion to thinke evil, either of her or me: the meetest time to drinke of this water is, when the weather is hoteſt & drieſt as it is in *Iune, Iuly*, and a part of *Auguſt*, becauſe then the water is lighteſt, and of eaſieſt digeſtion, the ſuperfluous vapours being drawn out of the earth by the heat of the Sun. Before we enter to drink of this medicinal water, it is meereſt that our bodies be prepared and purged by the adviſe of ſome learned Phyſician, and when I ſay a learned Phſician, I ſ.clude barbarous apothecaries; high-land leeches, impoſtors, and montebankes, Mercurial medicines, that is to ſay; rubbers with quicke ſilver, and all theſe which can give no reaſon of their calling.

Amongſt the *Lacedemonians* he was accounted the moſt gallant man that could ſteale moſt, providing that he were not apprehended *flagranti delicto*. In *BRITAINE* he is eſteemed the beſt Phyſician who killeth moſt, providing that he be not accuſed. But if there were ſuch ſearch here as is in *France* or *Italie*, the people would be better ſerved, and the King have more ſubjects. I ſaw a weighty matter pleaded before the court of Parliament at *Paris* The hiſtory was this, a Phyſician had preſcribed to a noble-

man

man a certaine quaintity of *confectio Alchermes*, it chanced that the patient dyed within a little ſpace. This *confectio Alchermes* had coloured all the chyle in his ſtomacke like skarlet, which ſhould be white. The Chirurgian which bowelled the man, aledged that the patient was poyſoned, the Parents accuſed the Phyſician, ſo it went to the Barre. And at laſt both parties heard, and all alledgance ponderated and conſidered, the Phyſician was abſolved, and the Chirurgian condemned as ignorant, and to pay a Fine, and to reſtore the Phyſician to his honour againe.

But returning to our purpoſe againe; whoſoever diſpoſeth himſelf to drink of this water, his body muſt be prepared by the counſel and advice of ſome learned Phyſician, by taking clyſters and ſome purgative medicines: *I* will nor here preſcribe the formes. Becauſe *I* will not miniſter occaſion to ignorant leeches to the abuſe of mens health. *In* the mean ſpace that they are drinking this water, it were meet to keep a good dyet, and eat ſuch meat as leave no crudities, and doth reſiſt melancholy: their drink at their ordinar may be white wine, moderatly drunken, mixed with water, and not with the water of this Well, as ſundrie do to their own hinder and prejudice: becauſe this water uſed with their meat, helpeth to carrie the

meat to the neares and bladder before it be perfectly digested. After dinner and supper it shal not be amiss to use a digestive powder for to dissipate the winde, and close the stomacke.

Also it is sufficient to drinke every day once of this water, and that in the morning some two or three houres after the rysing of the Sun. As concerning the quantitie which ought to be drunken, it should be according to the disease, and nature of every one: at the beginning they should use moderatly, and every day ascend, while they arrive at the highest of that which they may drinke, neither hath it been found that the drinking of four or five pounds have done any harme, albeit there be many men and women, that can not reach to that quantitie. Alwayes it is better to drinke longer and lesse, then to drinke a great quantity in few dayes.

This is the sume of which may be saide concerning the nature and use of that water, neither will I wearie the Lector with any longer discourse, beseeching him onely to hear me patiently in few termes, render thanks to God, which for the benfit of our poor diseased persons in this He hath revealed this secrecy, and that in such a part, that the ingine of man could not have devised it better: not in the Highlands and wildernes, not in some countrie beggerly village, as *Spa* and *Forges* are, but amongst the most civil,

and courteous, and charitable people of this Realme, where the poor may be assisted with almes, and with Physicians, where the rich may be harboured, according to their estates, and where all sort of ranks may have fit company, honest recreation, good example, great pietie, and all kind of eaes and commodities that any man or woman desire: Blessed and honoured be that Omnipotent and beneficial Father, and Author of health, and the first of all Phycians.

FINIS.

Here ends Andro Hart Edit. 1615.

All that follows is not in the Edit 1615.

APPROBATION.

Though a Stranger to the Authour, yet the elaborat Treatise on the fountaine, experimented so often be us in this age; for the Colick of the Stomack, Nephritick-Colick, Stranguric, and Stonnie-Gravel especially, also for the Hydropsie, taken with a specifick powder, cannot but be approven and recomended to all persons as most beneficial.

JAMES LESLY Med. Doct.

Though

Or the VVell of Spa.

Though the fame and reputation of the Author of this little treatise, *Doctor Barclay*, upon this our Well of *Aberdene*, be such as might sufficiently perswad any of the truth of what he hath written, whose abilities for learning was such, that the famous *Lipsius* (who wrot so learnedly and eloquently of the Roman antiquities, &c.) gave him this testimony; That if he were dying, he knew no person on earth he would leave his pen to, but *Dr. William Barclay*. This I have from a sober person of good note, to whom the gentle-man that heard it out of *Lipsius* own mouth, told it.

And though there might be multitudes of instances given, of the Vertues and eminent Cures this water hath wrought; I shal only produce these few living witnesses to testifie the truth from amongst our selves.

Mr. John Forbes Sheriff Deput of *Aberdene*, some few years agoe, being vehemently tormented with a Colick both in his stomack and belly, whereof he could have no ease by any prescrived means to abate the violence thereof, so that there was nothing looked for but death shortly to ensue: after all other means, this as the last was suggested to him, and he by drinking liberallie of this water, was not only eased of his paine, but in few houres perfectly cured. This Gentle-man being subject to relaps into his disease, finds sudden relief by the use of this water: And some others who are of chiefest note in the place also, who are subject to the like Colick.

Charles Robertson late Baillie in *Aberdene*, being often subject to the paine of the gravel, was not long since sore afflicted, and had his urine stoped altogether for four or five dayes: being advised to drink of our *Well of Spa* waters by a person that had found the vertue of them, did drink a large draught or two thereof,

and were quicklie got free passage and ease of all his paine. And upon assault from this his disease, upon his address to this remedie through Gods blessing finds deliverance.

Mr. James Kennedy Younger Sheriff Clark was exceedinglie tormented with a desperat Colick, which was of that sort, they call *Iliaca Passio*, after the use of several remedies prescrived by the Physician, and no ease attained: all his relations coming to see him die; himself did call earnestly for the water of our *Well of Spa*, and drank a good quantitie thereof, and shortly thereafter, through the favour of GOD, it wrought so well, that in short space he got seven stools, and was presently cured.

Margaret Meir relict of *Patrick Gellie* merchand in *Aberdene*, having fallen into a deadly Hydropsie, and having used several remedies by her Physicians advise, at last the Doctor having seen but a little before this book written by Dr. *Barclay* (which till then was quite buried,) advysed her to drink of the *Well of Spa*, for quenching her violent drowth, and provocking evacuations, it was so blessed of GOD for her good, that in few dayes she was perfectly cured.

Let these few instances suffice for information of experiences from Persons so well knowen in *Aberdene*.

Whosoever would drink this water for curing diseases or preserving health, needs no other directions, then what the judicious Authour hath set down, towards the last part of this book. And it is hoped that who uses it accordingly, shal find cause to blesse GOD for his goodnesse in blessing *Aberdene*, with such a spring of waters, and all those that will make use of it aright.

In memorie of that excellent, rare, and renowned Spring the Well of *Spa*, famous for Antiquitie, and singular good for diverss Diseasses.

Written some 55 years ago.

O *Gallant Spring, of fountains King,*
blest from the Heavens above:
Thy gushing streams like Titans *beams*
sometimes thou didst remove.
All much admires, since thou retires
unto thy former place,
The Muses *nyne, all in a tryne;*
persue thy foamie face.
Above thy font, Parnassus *mont*
with forked top doth stand:
A true repose for Poets choise,
a Phenix of our land.
There is the rock, where Singers flock,
the Musick sweet of Greece,
Appollo stands with silver wands,
in honour of that peece.

My

May I ask now, yea where, and how
so long that thou hast been?
Almost decay'd, we thought thee stray'd,
and from thy palace seen.
Though thou was lost, yet to thy cost,
thou hes made thy retoure,
With greater glore, then er' it before,
with pomp and high honour.
The house of fame, that Iove *did claime,*
most gorgious to behold,
Whose turrats bright did give such light
of yellow birnisht gold:
Show thou in plaine, was thou in Spain,
thy Sister there to see:
Yet we dispence, with thy offence,
more welcome shals thou be.
Our Lords and Peeres thy worke admeers,
Within this statelie Towne;
And smiles to see such trowps by thee
still flocking up and down.
Lords adde their glore, and thee decore,
and grace thy passage so,
The tender plants about thee haunts,
to mitigate thy wo.
The highest ranks, about thy banks
most glorious is seen:
Each termeth thee, when they thee see
the Nymph of ABERDENE.
Thou dost comfort the aged sort,

and

And thus thy glorie growes:
And streams of pride hard by thee slyde,
as thou with beauties flowes,
The maids so gay in fresh-array,
so seemlie do conveene:
To grace thy springs with daintie things;
that Nature hath e're seen.
The sisters three, for love of thee
salute thy channell still.
And all do stand with lute in hand,
attending on thy will.
Each bird and flowre, from Natures bowre,
behold thee by and by.
And fields so browne both up and down,
as they in order lye;
The Sun at night sets in thy sight,
and last with thee is seen:
Long mot thou reigne, of fountains King,
brave Nymph of ABERDENE.

Quod I. Moir.

Upon the Well of Spa at Aberdene.

THis spring with health, to many sick doth flow,
If they'le but use it, as this book doth shew;
If Gout or Gravel, Colick, Hydropsie,
Do pains thee, drink thou here, and healed be.
The Divine Giver blesse thou, so thou may
This precious gift more freely use alway.

A Description of the Well as now built, in hewne stone 1670. with this inscription.

The Stomack, Reins, the Liver, Splen, the sore:
A thousand evils this wholesome spring doth cure.

HEre flowes a noble Spring, for health to all,
That's griev'd with Gravel, its medicinal,
For Colick, Gout, Hydropsie, why not then?
Which Heavens hath blest, should honour'd be by men?
This Nymph within her shield a Sun doth bear;
In his full glory as an emblome clear,
Of perfect charitie, her motto this,
AS HEAVEN GIVES ME SO GIVE I THEE, *she is*
Likewise adorn'd with royal badges three,
The Thistle, Rose, the Lilly, which all be:
Crown'd with a Royal Diademe in signe
That o're all sister Nymphs she ought to reigne,
Her vertue, beautie, birth, her praise set forth,
Her patients still admire, and feell her worth.

PHILOPOLIS.

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